**Kitchen Assessment** Student \_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_



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| --- | --- | --- | --- |
| **Skill** | **Independently** | **With Assistance** | **Working towards** |
| **Washes hands before starting cooking/preparation** |  |  |  |
| **Wears gloves when handling food** |  |  |  |
| **Wears an apron** |  |  |  |
| **Ties hair back/wears a hat/hair net** |  |  |  |
| **Only uses a knife when told to use a knife – doesn’t get knives put of the drawer or pick knives up from table** |  |  |  |
| **Only walks with a knife when putting it on the sink** |  |  |  |
| **Cuts with a knife using safe practices/holds food with other hand, uses knuckles as a guide** |  |  |  |
| **Only holds knife by the handle/walks safely with a knife** |  |  |  |
| **Uses a chopping board when cutting** |  |  |  |
| **Doesn’t point knives at other people** |  |  |  |
| **Listens to instructions** |  |  |  |
| **Only walks in the kitchen/no running** |  |  |  |
| **Cleans up spills on the floor** |  |  |  |
| **Uses a grater safely** |  |  |  |
| **Doesn’t eat food when preparing it** |  |  |  |
| **Maintains personal hygiene around food** |  |  |  |
| **Is aware of hot surfaces and doesn’t touch them** |  |  |  |
| **Can identify electrical equipment** |  |  |  |
| **Demonstrates safe practices around electrical equipment** |  |  |  |
| **Can use a toaster safely – doesn’t put a knife in it** |  |  |  |
| **Can use a microwave safely** |  |  |  |
| **Can use a blender safely** |  |  |  |
| **Can use an electrical mixer safely** |  |  |  |
| **Demonstrates safe food handling/puts food fallen onto floor in bin/** |  |  |  |
| **Uses kettle safely** |  |  |  |
| **Demonstrates safety around hot water** |  |  |  |
| **Can work in a team to complete a task** |  |  |  |
| **Cleans table after cooking/preparation** |  |  |  |
| **Puts dirty dishes in the sink** |  |  |  |
| **Washes up** |  |  |  |
| **Wipes/dries up** |  |  |  |
| **Puts dishes, cutlery, cups etc. away in correct places** |  |  |  |
| **Carries food without spilling** |  |  |  |
| **Locates and uses fridge and freezer** |  |  |  |
| **Pushes chair in when not sitting** |  |  |  |